

## Los Angeles County Department of Community and Senior Services

Antelope Valley Senior Center  
777 W. Jackman St., Lancaster, CA 93534  
(661) 726-4400 Fax (661) 940-7947  
Monday through Friday 8:00 am - 5:00 pm

Saundra Hamilton, Center Director  
Sanjuana Guzman, Community Center Specialist I  
Ann Capiello, Neighborhood Worker  
Betty Yaste, Neighborhood Worker

Org./Agency	Contact Number	Program	Summary of Services Provided
Center Staff	(661) 726-4400	General Direct Services	<b>The Antelope Valley Senior Center</b> is designed to provide an array of educational, social, and recreational activities to persons that are 50 years and older. Working with other County Departments and community based organizations the AVSC provides daily congregate meals, informative educational forums, recreational fun day trips, telephone reassurance calls to the homebound, as well as other social service, recreational activities, and evening programs.
			<b>Classes</b> – Exercise class, Art class, Quilting, Crochet & Knitting class, Arts & Crafts, Needlepoint, Diabetes, and Clutters Anonymous.
			<b>Emergency Food Distribution</b> - Provides emergency food assistance for seniors 60 years of age and older. 3 <sup>rd</sup> Friday of the month 1:00pm.
			<b>Bingo</b> – Friendship Bingo on Wednesdays at 1:00pm and Nutrition Bingo on Thursdays at 1:00pm.
			<b>Library/Game Rooms</b> - Well stocked library where seniors can come and enjoy peace and quiet reading or borrow books to take home and enjoy. Card games such as; Canasta, Cribbage, & Euchre. Billiards Room with four newly refurbished pool tables await both the Men's Pool Group and the Ladies Pool Group. Puzzles Room to join other seniors and enjoy the challenge and camaraderie of working on puzzles.
			<b>Happy Singers</b> – Senior volunteers provide excellent entertainment by singing to the homebound seniors at convalescent homes, hospitals and other locations.
			<b>Exercise Groups</b> - Regular stretch and aerobic exercise class meets Monday, Wednesday, and Friday at 9:00am and on Tuesday the Isometric Exercise meets at 1:00 pm.
			<b>Evening Dance Groups</b> - Monday Nights at 6 pm: Square Dancing and Dancing lessons to various dances. Thursday Nights at 6 pm: 49er's Dance Club and 1 <sup>st</sup> Saturday of the Month Dance Club at 6 pm.
			<b>Evening Groups/Clubs</b> - Computer Users Group and Photography Club.
			<b>Day Trips</b> - Day trips are scheduled to various Southland locations for shopping, recreational, and educational purposes.
			<b>Educational Health Information</b> - Ask the Nurse, Belton Hearing Test, Braille Institute. Monthly service by appointment only.
AARP Volunteers	(661) 726-4400	55 Alive Safe Driving Class	55 Alive Safe Driving Program, Homeowners & Renters assistance rebate tax program (July to October), and Income Tax-Aide program (February to April 15 <sup>th</sup> )
Bet Tzedek Legal Services	(661) 726-4400	Legal Services	Provides legal services to seniors regarding the following: Consumer Fraud, Guardianship/Conservator, Holocaust Reparations, Landlord/Tenant Housing, Medi-Cal/Medicare, Social Security/SSI, Nursing Home/Residential Care, Powers of Attorney for Health Care, Wage and Hour Claims and Wills. Thursdays at 9:00 by appointment.
HICAP	(661) 726-4400	Social Security & Medical	Social Security & Medical Information Thursdays by appointment only.
National Association of Retired Federal Employees	(661) 726-4400	Retirement Information	Weekly meetings and assistance with updated information to retired federal employees. 3 <sup>rd</sup> Tuesday of the month 1:30pm.
Friends of the Center Board	(661) 726-4400	Fund Raising Board	Assist Center staff with fundraising for the Center and special social activities. Informs staff regarding Center concerns. Meetings: 1 <sup>st</sup> Wednesday of the month at 9 am.
Center Advisory Board	(661) 726-4400	Advisory Board	Advises Center Staff regarding new classes, new activities and/or new programs as needed for seniors at the Center. Meetings: 1 <sup>st</sup> Thursday of the month at 9 am.
Ombudsman	(661) 726-4400		Monthly meetings to hear concerns and complaints from Seniors
Department of Mental Health	(661) 726-4400	Mental Health	Social workers on site weekly to help seniors with mental health questions, issues and concerns.